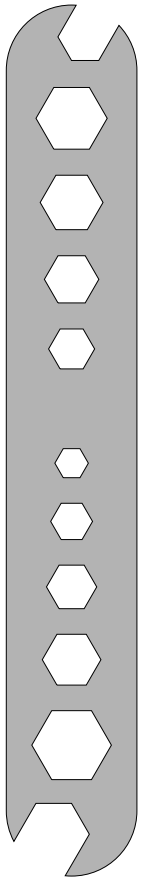
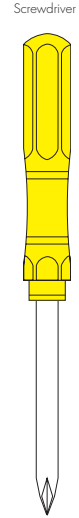
TOOLS & PARTS INCLUDED

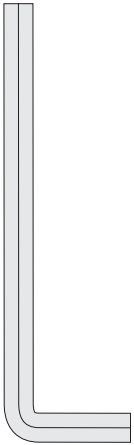


Multi-Wrench,
Qty. 2

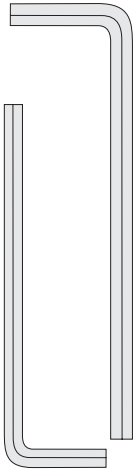


Screwdriver

6mm T-Shaped Wrench



8mm L-Shaped Wrench



5mm L-Shaped Wrench

6mm L-Shaped Wrench

PARTS BOX

Power Cord
Console Mast Bracket
Console Mast Cover
Accessory Tray
Color-coded Hardware Bags
Owner's Guide
Assembly Guide
Warranty Card

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toll free 800.335.4348 • phone 920.648.4090 • fax 920.648.3373
www.visionfitness.com

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AG18.57PRD
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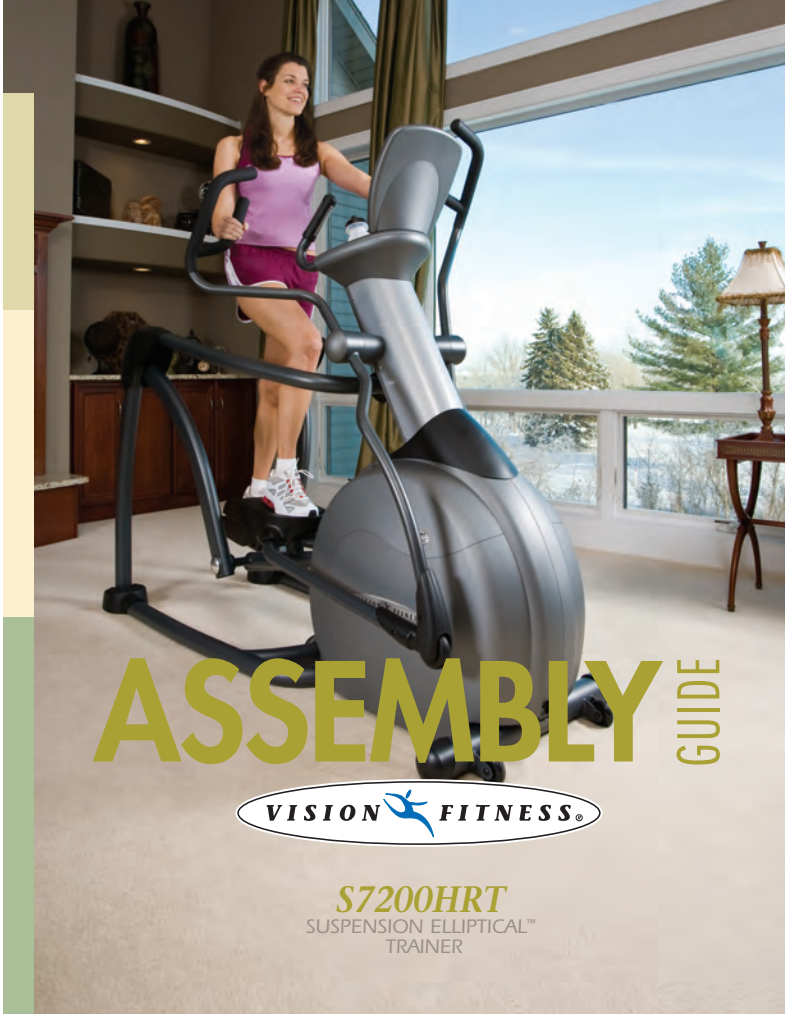


ASSEMBLY GUIDE

VISION FITNESS®

S7200HRT

SUSPENSION ELLIPTICAL™
TRAINER

S7200HRT

SUSPENSION ELLIPTICAL TRAINER

To avoid possible damage to this Suspension Elliptical™ Trainer, please follow assembly steps in the correct order. Before proceeding, find your new Suspension Elliptical™ Trainer's serial number located on the front axle tube, and enter here:

_____

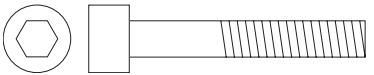
Refer to this number when calling for service, and enter this serial number on your Warranty Card and in your own records. Be sure to read your Owner's Guide before using your new Suspension Elliptical™ Trainer.

If any parts, hardware or tools are missing, please call 1.800.335.4348

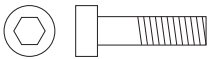
NOTE: It is recommended that you apply grease to the threads of each bolt and screw as you assemble your Suspension Elliptical™ Trainer to prevent loosening and noise. Also, during each assembly step, ensure that ALL bolts and screws are in place and partially threaded in before completely tightening any ONE bolt or screw.

HARDWARE INCLUDED

PINK BAG

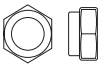


M10x65L Socket Head Bolt
Quantity: 4



M8x30L Socket Head Bolt
Quantity: 4

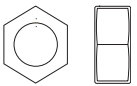
8x13x1.4T Washer
Quantity: 8



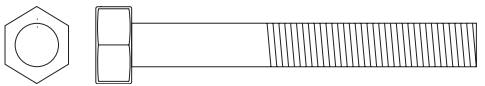
M8 Nylon Nut
Quantity: 4

BLUE BAG

M12 Lock Washer
Quantity: 2



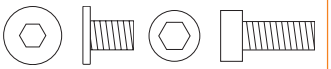
M12 Hex Nut
Quantity: 2



M12x95L Hex Bolt
Quantity: 2

HARDWARE INCLUDED

ORANGE BAG



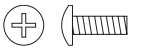
M8x12L Flat Head Bolt
Quantity: 2

M8x20L Socket Head Bolt
Quantity: 4

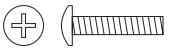
8.2x16x1.4T Washer
Quantity: 4

M8 Lock Washer
Quantity: 4

BLACK BAG

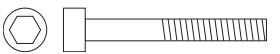


M5x15L Phillips Head Bolt
Quantity: 2



M5x25L Phillips Head Bolt
Quantity: 8

GREEN BAG



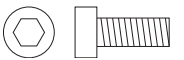
M6x50L Socket Head Bolt
Quantity: 2

6.4x11x1.5T Washer
Quantity: 2

M6 Nylon Nut
Quantity: 2

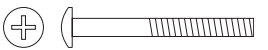
M5 Nylon Nut
Quantity: 2

Link Arm Bushing
illustration not to scale
Quantity: 4



M8x20L Socket Head Bolt
Quantity: 8

M8 Lock Washer
Quantity: 8



M5x50L Phillips Head Bolt
Quantity: 2

STEP 1 ORANGE BAG

NOTE: A second person will be helpful to complete this step.

- Slide the console mast boot onto the console mast.
- Locate the data cable and elevation motor connector in the main frame recess. Make sure they are pulled out of the opening and can be easily plugged in when the mast is inserted.
- Set the console mast into the console mast frame bracket. Secure the front of the mast to the frame bracket with four socket head bolts (M8x20L), four lock washers (M8), and four flat washers (8.2x16x1.4T). Tighten with the 6mm T-shaped wrench. Secure the sides of the console mast to the console mast bracket with one flat head bolt (M8x12L) to each side. Tighten with the 5mm L-shaped wrench.
- Plug in the elevation motor cable to the cable socket sitting in the frame bracket.
- Wrap the wire tie that comes out of the bottom of the console mast around the data cable that exits the top of the frame. Feed the wire tie and data cable up through the channel in the side of the mast while pulling the wire tie straight up through the top of the mast.
- Slide the boot down over the frame and snap in place.

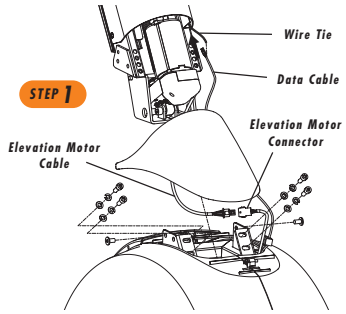
STEP 2 BLUE BAG

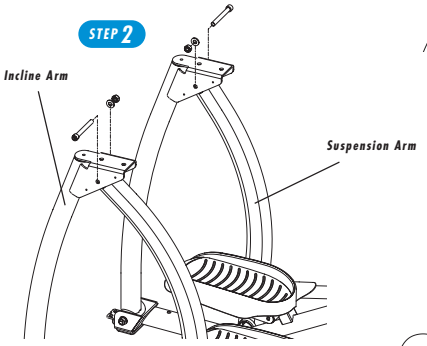
- Lift the left incline arm and insert the bearing end of the suspension arm into the bracket of the incline arm. From the outside, insert a hex head bolt (M12x95L) through the bracket and suspension arm. Secure with a lock washer (M12) and nut (M12). Tighten with two 19mm wrenches. Make sure hardware is tight.
- Repeat this step on the right side.

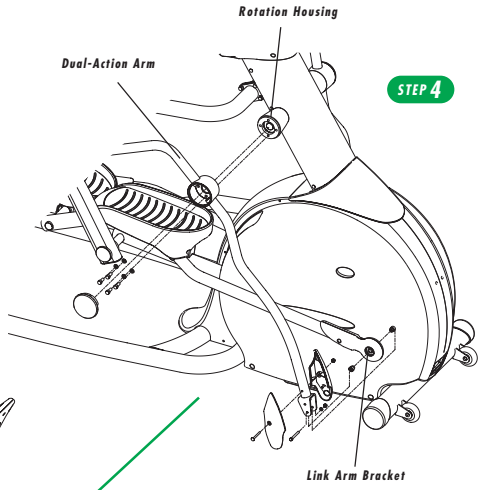
STEP 3 PINK BAG

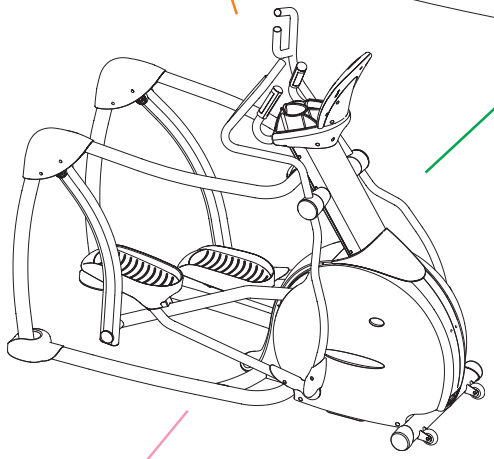
NOTE: A second person will be helpful to complete this step.

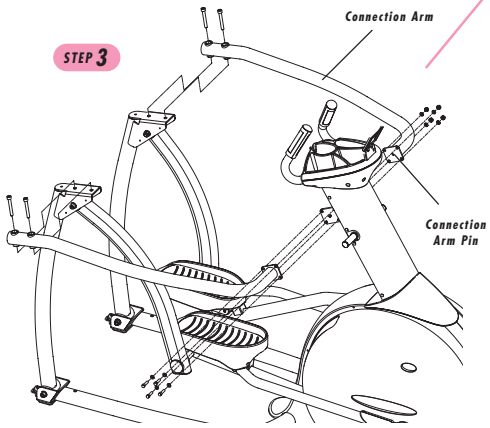
- Place the left connection arm over the left incline arm bracket and connect with two socket head cap bolts (M10x65L). Tighten only a few turns with the 8mm L-shaped wrench.
- Insert the pin on the front flange of the connection arm to the hole in the console mast elevation bracket.
- Repeat these steps on the right side.
- When the pins of both connection arms are seated in the holes of the console mast elevation bracket lift the entire assembly slightly to line up the screw holes. Insert four socket head cap bolts (M8x30L) with washers (8.2x13x1.4T) through these holes. Secure with a washer (8.2x13x1.4T) and nylon nut (M8) to each bolt. Tighten with the 6mm L-shaped wrench and 13mm wrench.
- Go back and completely tighten the screws that connect the connection arms to the incline arms with the 8mm L-shaped wrench.

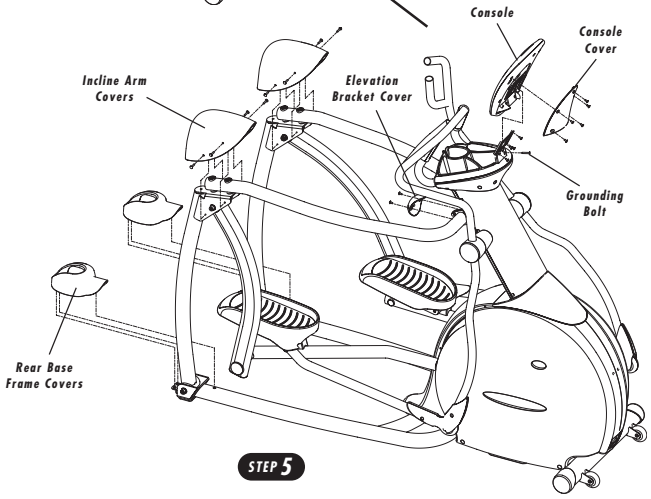












STEP 4 GREEN BAG

- Place the left dual-action arm on the left rotation housing and secure in place with four bolts (M8x20L) and lock washers (M8). Tighten with the 6mm L-shaped wrench.
- Line up the rotation housing cover over the rotation housing and push to snap in place.
- Insert a bushing onto each side of the link arm bracket. Slide the link arm between the flanges of the dual-action arm bracket. Insert a socket head cap bolt (M6x50L) through the hole to connect the brackets. Secure with a washer (6.4x11x1.5T) and nylon nut (M6). Tighten with the 10mm wrench and 5mm L-shaped wrench.
- Set the dual-action cover in place over the connection bracket. Place the nut (M5) into the recess on the inside cover. Insert a bolt (M5x50L) through the outside hole and tighten to the nut with a screwdriver.
- Repeat these steps on the right side.

STEP 5 BLACK BAG

- Remove the wire tie from the data cable and console mast.
- With the screwdriver, remove the five bolts from the rear console cover. Place the cover and five bolts aside.
- Remove the four console mounting bolts and one grounding bolt from the backside of the console with the screwdriver. Connect the heart rate wires coming from the mast to the heart rate wires coming from the bottom of the console. Insert the data cable through the bottom of the console and plug into the board. Pull any extra wire down into the console mast. Secure console to the bracket using the four console mounting bolts removed earlier. Tighten with the screwdriver.
- Insert the grounding bolt to the back side of the console and tighten with the screwdriver. Do not over tighten.
- Position the rear console cover on the back of the console and secure with the five bolts removed earlier. Tighten with the screwdriver.
- Position the covers over the rear incline arm bracket and secure each cover in place with four bolts (M5x25L).
- Position the cover over the elevation bracket and secure with two bolts (M5x15L).
- Take the rear base frame covers and pull apart to separate and slide around the bottom of the incline arm. Snap the three tabs down to set in place.
- Plug the power cord into the power socket in the front of the unit. Plug the other end of the cord into the wall outlet. Make sure the power switches at the bottom of the unit and on the back of the console are in the on position.